

**Amendment to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (currently amended): Food composition, suitable for shallow frying, comprising triglycerides, wherein at least 60 wt.% of triglycerides is of vegetable origin, and 0.05-3 wt.% sunflower lecithin.

Claim 2 (original): Food composition, suitable for shallow frying comprising 0.05-3 wt.% sunflower lecithin, wherein the sunflower lecithin is hydrolyzed or fractionated.

Claim 3 (original): Food composition according to claim 2, wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis of the sunflower lecithin is 0.1 to 0.5.

Claim 4 (original): Food composition according to claim 1, wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis of the sunflower lecithin is 0.2 to 0.4.

Claim 5 (currently amended): Food ~~product~~ composition according to claim 4, wherein the degree of hydrolysis of the sunflower lecithin is 0.25 to 0.33.

Claim 6 (previously presented): Food composition according to claim 1, wherein the food composition comprises:

30-100 wt.% fat phase

0-70 wt.% aqueous phase.

Claim 7 (original): Food composition according to claim 5, wherein the food composition comprises:

0-100 wt.% fat phase

0-60 wt.% aqueous phase.

Claim 8 (original): Food composition according to claim 6, wherein the food composition is an water in oil emulsion comprising:

60-90 wt.% fat phase

10-40 wt.% aqueous phase.

Claims 9-12 (canceled)

Claim 13 (previously presented): A method for shallow frying comprising:

- (i) providing a food composition comprising tryglycerides wherein at least 60 wt. % of triglycerides is of vegetable origin and 0.05-3 wt. % sunflower lecithin; and
- (ii) frying with said food composition in a shallow frying pan.

Claim 14 (new): The method according to claim 13 wherein the sunflower lecithin is hydrolyzed and has a degree of hydrolysis ranging from 0.1 to 0.5.

Claim 15 (new): The method according to claim 14 wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis ranges from 0.2 to 0.4.

Claim 16 (new): The method according to claim 14 wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis ranges from 0.25 to 0.33.

Claim 17 (new): Food composition, suitable for shallow frying, comprising triglycerides, wherein at least 60 wt.% of triglycerides is of vegetable origin, and 0.05-3 wt.% sunflower lecithin, wherein the sunflower lecithin is hydrolyzed and has a degree of hydrolysis ranging from 0.1 to 0.5.